

# May is American Stroke Month

Every 45 seconds...  
Someone has a stroke.

Every 3.1 minutes...  
Someone dies of a stroke.

## *In Missouri...*

***Stroke is the third leading cause of death.***

***Stroke is a leading cause of serious disability.***

Brought to you by the Missouri Department of Health and Senior Services, Heart Disease and Stroke Program  
Call 800-316-0935 for more information, or visit <http://www.dhss.mo.gov/Stroke>

*Take steps to reduce your  
chance of having  
a stroke...*

1. Work with your doctor to get your blood pressure under control.
2. Don't smoke.
3. Exercise.
4. Eat healthy.
5. If you have diabetes, follow your doctor's recommendations.

## **Stroke Warning Signs...**

- Sudden numbness/weakness in the face, arm, or leg, especially on one side of the body
- Sudden confusion/trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause



***If you believe someone is having a stroke call 911, or call the local emergency medical services.***